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# STAR OF MYSORE

OUR EVENING DAILY

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MYSURU Monday 21st June 2021
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Radisson BLU
PLAZA HOTEL MYSORE
"Yoga is the journey of the self, to the self, through the self"
HAPPY International YOGA Day

# Vaccine shortage mars mega drive

- **Heated arguments witnessed in front of many vaccination booths**
- **Lion's share of vaccines allotted to Krishnaraja, Chamaraja MLAs**

Mysuru, June 21 (MTY&BCT)- The mega 'Lasika Mela' that was launched in Mysuru this morning to vaccinate 45,000 people including people between 18 and 44 age groups got an overwhelming response that led to shortage of vaccines, forcing the authorities to ration it only to vulnerable population. The shortage was felt after the vaccination drive was scaled up in the district and also in the city.

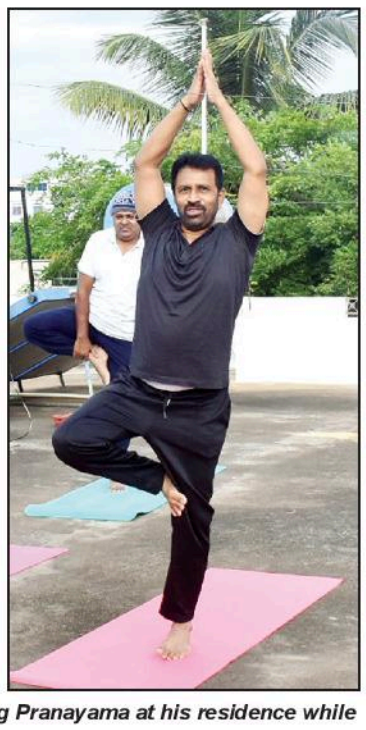
Though Mysuru received 73,000 vials till last night and the target was 45,000 people, the Health Department restricted the supply to make it a two-day drive instead of a single-day operation. As the mega drive was well-publicised, people made a beeline in front of all vaccination sites. At many places more than 1,500 people lined up while the actual allocation was 500 jabs. This led to utter chaos and at several booths in Chamaraja and Krishnaraja Constituencies, gates were closed to prevent entry of public. Wordy duel ensued between people manning vaccination centres and the public as to why the drive was publicised when there was vaccine shortage.

Hundreds of people returned home disappointed and even those who stood in queues since 9 am were turned away as only the vulnerable groups, frontline workers, Government officers, teachers, Police, University employees and MCC staff were given the jabs. Amidst this confusion, thousands of people in 18 - 44 years age group too received the vaccination.

**(See SHORTAGE on page 6)**

*Long queue seen this morning at JSS Public School premises in Siddarthanagar, one of the many vaccination centres set up in city, to reach the target of 45,000 vaccinations.*

# Sombre Yoga Day



*DC Dr. Bagadi Gautham performing Pranayama at his residence while MLA L. Nagendra does Vrikshasana at his terrace this morning.*

Mysuru, June 21 (RK&BCT)- What can be more wonderful than International Day of Yoga (IDY) and World Music Day occurring on the same date?

Mysureans including the VVIPs — MLAs S.A. Ramdas and L. Nagendra, Deputy Commissioner Dr. Bagadi Gautham, Superintendent of Police R. Chethan — began their day with yoga at their homes as there was no formal event organised by the District Administration coinciding with the themes of 2021 — 'Yoga for Wellness' and 'Be with Yoga, Be at Home.'

Mysuru, a home for more than 500 yoga training schools, celebrated the sombre Yoga Day indoors for the second consecutive year owing to the pandemic.

**(See YOGA on page 6)**

# Back in a day!

## MUDA Commissioner transferred on Saturday, back on Sunday

Mysuru, June 21 (RK&DM)- MUDA Commissioner Dr. D.B. Natesh, who was transferred to Veterinary Department at Bengaluru on Saturday, was on Sunday orally asked by the State Government not to hand over charge to Sheelavanth M. Shivakumar, who was appointed to his post.

*Dr. Natesh*

The Government had transferred Shivakumar, who was serving as Joint Director at the Office of the Commissioner of Animal Husbandry and Veterinary Services Department at Bengaluru, as the new MUDA Commissioner in place of Dr. Natesh. But in a sudden development on Sunday, the Government is said to have orally instructed both Dr. Natesh and Shivakumar not to hand over charge of their respective posts.

Dr. Natesh confirmed to *Star of Mysore* today that he received an oral communication from the Government yesterday asking him not to hand over charge. However, he is yet to receive an official communication in writing on his continuance as MUDA Commissioner.

# STAR OF MYSORE

"We believe comment is free, but facts are sacred."

**Editor: M. GOVINDE GOWDA, M.A.**

Mysuru, Monday 21st June 2021


# Accelerate vaccination for COVID-19: WHO

*Dr. Poonam Khetrapal Singh*

New Delhi, June 21 (UNI)- The World Health Organisation (WHO) on Sunday called upon countries in WHO South-East Asia Region to accelerate the vaccination for COVID-19 in order to prevent another surge.

"We need to continuously strengthen our efforts to test, trace and isolate. Societal interventions such as physical distancing, hand hygiene and proper wearing of masks need to be stringently implemented. These measures should be in full force and for longer periods in areas reporting more transmissible variants of concerns," said Dr. Poonam Khetrapal Singh, Regional Director, WHO South-East Asia.

Even as countries scale up vaccination against COVID-19, they need to implement public health and social measures in a tailored and agile way, she said.

The public health and social measures are a wide range of non-pharmaceutical interventions, both individual and societal and are cost-effective measures to reduce the spread of SARS-CoV-2 and save lives.

"Where more transmissible Variants of Concern are spreading, these measures need to be applied more stringently and for longer periods," the Regional Director said.

The Variants of Concern, along with opening of economies and societies, contributed to the recent surge in cases globally.

"We must not forget that the pandemic is still around. We must guard against complacency, at any level. We must continue to implement combinations of public health and social measures until globally there is high COVID-19 vaccine coverage among health workers, and high-risk and vulnerable groups," the Regional Director said. Countries across the world are currently at different phases in the evolution of the COVID-19 pandemic and face varying epidemiological situations. Though the Region is now witnessing an overall decline in cases, mainly due to decreasing cases reported in India, in some other countries the cases are still increasing.

## EDITOR'S BOTTOMLINE

***Successful conclusion of Class 12 assessment, which lacks the standardisation available in a public examination and declaration of results by July 31 depend on result committees marking the theory segment transparently and moderating marks for the senior secondary years based on the school's performance over a period of time. There is then the issue of fraud. Even in the UK, reports indicate influential parents brought pressure on schools to give their wards an unfair hike in grades in a similar mixed evaluation system, with veiled threats of legal disputes. For fairness, CBSE mandates the participation of external members on the result committees, but it will take utmost openness to dispel students' apprehensions. State Boards waiting for the Central model for comparison also need to draw up safeguards, including a dependable dispute resolution process. Education Boards were caught unawares last year by the pandemic and could not evolve suitable evaluation tools. Unfortunately, the course of the pandemic remains uncertain and developing a continuous assessment system for 2021-22 and beyond has become a necessity. The CBSE has taken the lead on this and State Boards must not lose time in forming their own.*** — *In The Hindu*

## NEWS SPARKLERS

### The legendary giant plants of Sakhalin

Sakhalin: Located in the Russian Far East, the island of Sakhalin is allegedly home to giant versions of common plants like buckwheat, burdock and butterbur that can grow up to 5 meters tall.

Sakhalin is known for being the largest island in the Russian Federation, as well as a point of contention between Japan and Russia over the centuries. However, according to obscure reports going back over a decade, the northernmost island of the Japanese archipelago, as well as the nearby Kuril Islands are home to versions of ordinary herbaceous plants of truly gigantic proportions. Plants that normally reach the knee of an average adult, on these islands allegedly grow several times the height of a human.

According to a media report, Russian scientists had long been studying the giant plants that grew in certain regions of Sakhalin Island. Buckwheat plants up to 3 meters tall, burdock leaves that reached 5 meters sound like something out of Jack and the Beanstock, but the photos of giant plants doing the rounds on social media suggest that there is some truth to these claims.

### Japan's natural heart-shaped lake

Tokyo: Surrounded by lush forest on all sides and untouched by human civilization, the heart-shaped Lake Toyoni is a hidden gem among Japan's many tourism attractions.

Up until a few years ago, Lake Toyoni was virtually unknown to most Japanese, but a popular television commercial featuring an aerial view of the heart-shaped natural wonder turned it into a popular tourist spot virtually overnight. The internet is full of digitally-altered heart-shaped lakes, but Toyoni is one of the few, if not the only one, in the world that actually has this shape, so when people learned that it was real, they flocked to the island of Hokkaido to see the natural wonder for themselves.

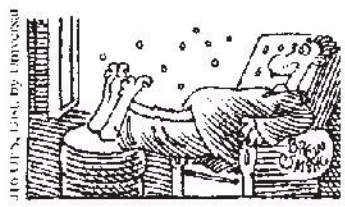
## HEALTH CAPSULE

**Do not ignore your period pain.**
The unbearable pain can be initial symptoms of an underlying problem. Consult the doctor and get the treatment for period pain.

***Dr. Madhura Phatak - ConsultantObstetrics and Gynecology***

COLUMBIA ASIA
COLUMBIA ASIA HOSPITAL - MYSORE
A unit of ManipalHospitals

** Health Capsule is not intended to be of a diagnostic nature*



A new study revealed that those who stay up late and sleep in are more likely to have metabolic syndrome, a condition that includes high blood sugar, high blood pressure and abnormal cholesterol.

## COVID-19 UPDATE - MYSURU

| DATES | JUNE 19 | JUNE 20 |
|---|---|---|
| Day's Positive Cases | 594 | 545 |
| Total Positive Cases | 1,61,538 | 1,62,083 |
| Day's Discharges | 898 | 1,024 |
| Total Discharges | 1,51,517 | 1,52,541 |
| Day's Deaths | 17 | 17 |
| Total Deaths | 1,996 | 2,013 |
| Total Active Cases | 8,025 | 7,529 |

*NOTE: Figures as per Government Media Bulletin*

# Power disruption tomorrow

Mysuru, June 21- As Chamundeshwari Electricity Supply Corporation (CESC) has taken up quarterly maintenance work at 220/66/11 KV Kadakola Power Distribution Centre on June 22, there will be no power supply from 10 am to 5 pm on Tuesday in the following areas:

Kadakola Industrial Area, K.M. Hundi, B.G. Hundi, K.N. Hundi, Marase, Makanahundi, Kudanahalli, Kochanahalli, Byatahalli, Dadadahalli, Sindhuvalli, Chikkakanya and Doddakanya, Aayarahalli, Kiralu, Kudanahalli, Dura, Murudagalli, Taluru, D. Katuru, TVS Factory and surrounding areas, according to a press release from the Executive Engineer (EE), CESC, N.R. Mohalla.

## REALLY...?

- ***Electricity travels at the speed of light — over 1,86,000 miles per second. Electricity can be produced from fossil fuels, large hydro power plants, nuclear power plants or renewables like wind or solar.***
- ***For electricity to come into your home, it travels from generation facilities to a high-voltage switchyard, to transmission lines, to a substation, to a distribution line, to a transformer, to your house.***
- ***Birds and other small animals can perch on power lines without being electrocuted unless they simultaneously touch another line, which would create a complete circuit.***

## LAUGHTER THE BEST MEDICINE

*Teacher:* ***How old is your father?***
*Kid:* ***He is 6 years.***
*Teacher:* ***What? How is this possible?***
*Kid:* ***He became father only when I was born ! [Logic!! Children are quick and always speak their minds]***

## TODAY'S CURRENCY RATE

| | |
|---|---|
| 1 US Dollar | = Rs. 74.15 |
| 1 UK Pound | = Rs. 102.35 |
| 1 UAE Dirham | = Rs. 20.20 |
| 1 Euro | = Rs. 88.02 |

## VOICE OF THE READER

# Unsecured payment website of MCC

Sir,

While making the online payment of property tax through Mysuru City Corporation (MCC) website, the message — *"Form is not secure - Google Chrome"* and *"the information you're about to submit is not secure - because this form is being submitted using a connection that's not secure, your information will be visible to other"* followed by the options to click either *"send anyway"* or *'go back"* — gets displayed.

Being a layman and not being computer-savvy, I cross-checked this information with Google and I was aghast to learn that "Not Secure" warning in the address bar means there is a lack of security for the connection to that page.

It also states that this information sent and received with that page is unprotected and it could potentially be stolen, read or modified by attackers, hackers and entities with access to internet infrastructure (like Internet Service Providers - ISPs and Governments).

I decipher that this means that the hackers can have access to our bank account or card details linked to MCC payment, which is definitely risky.

While outsourcing the online payment web portal, I think MCC should have insisted for a secure payment page to protect the interests of lakhs of Mysureans making online payment. Will the new MCC Commissioner look into this ?

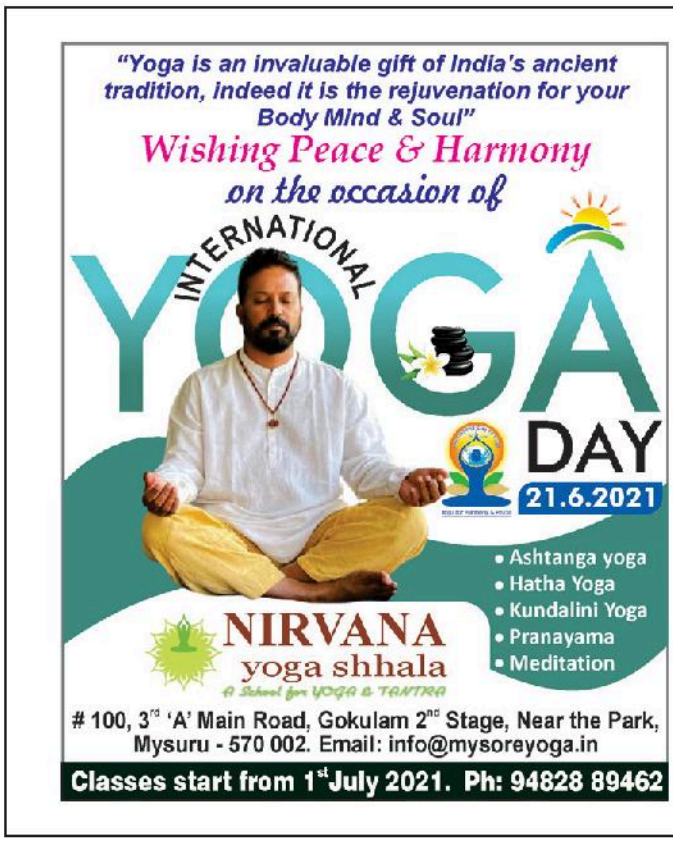
**—K. Chandrahas**
**on e-mail**

Mysuru
20.6.2021

## Admission to Government School for Deaf

Mysuru, June 21- The Government School for the Deaf at Tilaknagar in city has invited applications for admission to 1st standard for the year 2021-22 from deaf boys and girls in the age group of 6 to 9 years.

The students admitted will be provided with free food, accommodation, books and medical facilities. Applications can be obtained from the Superintendent of the School from June 21. Filled-in applications with all necessary documents including the copy of ID card issued by the Department for the Empowerment of Differently Abled and Senior Citizens should be submitted to the Office. For more details, call Ph: 0821- 2494104, according to a press release.



"Yoga is an invaluable gift of India's ancient tradition, indeed it is the rejuvenation for your Body Mind & Soul"
Wishing Peace & Harmony
on the occasion of
INTERNATIONAL
YOGA
DAY
21.6.2021
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• Hatha Yoga
• Kundalini Yoga
• Pranayama
• Meditation
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# 100, 3rd 'A' Main Road, Gokulam 2nd Stage, Near the Park,
Mysuru - 570 002. Email: info@mysoreyoga.in
Classes start from 1st July 2021. Ph: 94828 89462


# Education Ministry issues guidelines

## for parents to help kids learn amid closure of schools

New Delhi, June 21- The Ministry of Education has issued guidelines for parents to help children who have remained confined to their homes for long periods of time during school closure. The guidelines have been drafted to provide information on various aspects of their participation and their role in supporting children during school closure.

*Ramesh Pokhriyal*

"It is understood that the role of parents and caregivers besides school teachers, community and volunteers is pivotal in supporting home-based learning for their children. In view of this, Guidelines for Parent Participation in Home-based Learning during school closure and beyond have been developed," the official release said.

Education Minister Ramesh Pokhriyal 'Nishank' took to Twitter and said: "I strongly feel that a home is the first school and parents are the first teachers. In this pandemic, the role of parents is pivotal in the growth and learning of children."

These guidelines aim to provide information on the 'why', 'what' and 'how-to' of participation and engagement in supporting children during the school closure irrespective of the literacy levels of parents and caregivers.

The guidelines provide simple tips and suggestive activities in accordance with the various stages of school education — Foundation stage (age 3-8 years), preparatory stage (age 8-11 years); middle stage (age 11-14 years); and secondary stage from adolescent to adult age (age 14-18 years).

Separate sections have been given on using art as a therapy for children under stress or trauma, assessments, parent partnership and supporting parents with low literacy levels and children with special needs as well as the role of schools and teachers in facilitating home-based learning.

The guidelines lay significance on improving children's learning by monitoring and addressing their learning gaps.

The guidelines also advise the schools to involve parents by providing information and ideas on helping students at home with homework and other curriculum-related activities, decisions, and planning, and involving them in school decisions. Resources like sending newsletters, emails, memos, etc. will be provided to parents.

Resources have been made available for children with special needs which may be explored by the parents. They can approach teachers for guidance in this regard. There are other agencies, and organizations that provide facilitates information about such avenues that could be sought from SMCs/ Gram Panchayat, school administrators etc.

## Narayana Hospital launches special vaccination drive

Mysuru, June 21- Adding impetus to the battle against the deadly COVID-19 pandemic, the city's Narayana Multispeciality Hospital has launched a special vaccination drive covering Corporate companies, Co-operative Societies, Women Self-Help Groups and other such organisations.

The drive has been simultaneously launched in Mysuru, Chamarajanagar, Madikeri and Mandya cities, during which the staff of companies and organisations can get Covishield or Covaxin jabs at the price stipulated by the Government.

NH Narayana Multispeciality Hospital
Unit of Narayana Health

Experienced medical staff will vaccinate the beneficiaries with all precautionary and safety measures in place.

For registration and details, call Mob: 95380-52378.

## Recruitment of guest teachers for Maulana Azad Model Schools

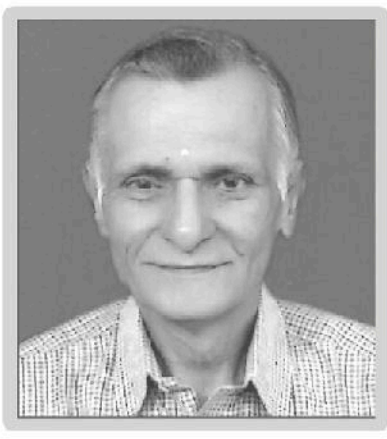
Mysuru, June 21- The Minority Welfare Department has invited applications for the post of guest faculties (teachers) in the following Maulana Azad Model (English Medium) Schools of Mysuru district: Kesare Urdu School, Nizamia School, Maulana Azad Bhavan, Hunsur Town Urdu School and Halagana Halli, Periyapatna.

Candidates who have passed B.A, B.Sc, M.A or M.Sc with B.Ed and able to teach Kannada, English, Hindi, Social Science, Mathematics and Science subjects (6th to 10th std) are eligible to apply and will be selected based on their merit, experience and teaching ability.

Interested candidates can submit their applications along with all necessary documents to Department of Minority Welfare, Maulana Azad Bhavan, Near Shobha Garden, opposite Dandi Maramma Temple, Bengaluru-Mysuru Road, Mysuru-570007 before June 28.

For details, contact Mob: 82177-43399, 97399-44171 or 89510-87207, according to a press release.

**4th DEATH ANNIVERSARY**



**CHANDRAKANT P. SHAH**

*You are remembered*
*every moment,*
*not a day passes without you*
*in our thoughts*

-SHAH FAMILY

## NEWS BRIEFS

### Online Breath & Meditation

Sri Ravishankar Guruji's Art of Living (AoL) has organised online Breath and Meditation programme from June 22 to 25 between 11 am and 1 pm. For details contact: Mob: 63618-61973 or 98459-63387, according to a press release from Pratibha of Vyakti Vikas Kendra - Mysore Information Centre.

### Job vacancy for ex-servicemen

The Intelligence Bureau of the Union Home Ministry (Ministry of Home Affairs) has invited applications from ex-servicemen to fill various posts on contract basis. Interested ex-servicemen may submit their Willingness Certificate at Office of the Department of Sainik Welfare and Resettlement before 5 pm on June 23. For details, contact Ph: 0821-2425240, according to a press release from the Deputy Director, Department of Sainik Welfare and Resettlement, Mysuru.

### Admission to Anathalaya at Siddaganga Mutt

Tumakuru District Siddaganga Mutt has invited applications for admission to Sri Siddalingeshwara Anathalaya. Filled in applications along with all necessary documents can be submitted before June 30. Interested students are advised to attend the interview to be held at the Mutt premises in Tumakuru on July 1. For details, contact Ph: 0816-2283311, according to a press release.

## WATER LEVEL

**KRS DAM**

| | | | |
|---|---|---|---|
| Maximum | : | 124.80 | feet |
| Today | : | 93.60 | feet |
| Yesterday | : | 91.66 | feet |
| Inflow | : | 19,714 | cusecs |
| Outflow | : | 5,159 | cusecs |

**KABINI DAM**

| | | | |
|---|---|---|---|
| Maximum | : | 2,284.00 | feet |
| Today | : | 2,276.11 | feet |
| Inflow | : | 7,390 | cusecs |
| Outflow | : | 5,000 | cusecs |

**HARANGI DAM**

| | | | |
|---|---|---|---|
| Maximum | : | 2,859.00 | feet |
| Today | : | 2,836.66 | feet |
| Inflow | : | 1,109 | cusecs |
| Outflow | : | 80 | cusecs |

# Flood Alert in Kabini Dam

## Reservoir just 7 ft away from reaching maximum level; People living in low-lying areas asked to move to safer places

H.D. Kote, June 21 (Manju &DM)- With monsoon having set in and its catchment areas in Kerala's Wayanad district and surrounding areas, receiving heavy rains for the past several days, the Kabini Dam at Beechanahalli in H.D. Kote taluk of Mysuru district is just 7 ft short of getting full to the brim.

As the Dam is fast approaching its maximum water level, the authorities have asked people living along the river bed to move to safer places. The Dam's Executive Engineer C.B. Suresh Babu said that people living along both the sides of the river basin have been asked to shift to safer places as a precautionary measure as the discharge from the Dam is expected to increase by the day with catchment areas receiving heavy rains for the past few days.

He further said that the discharge will be based on the water inflow that the Dam records every day. People have also been asked to shift their movable properties and livestock to safer zones, he added.

As the Dam received a huge inflow of 16,200 cusecs water, a total of 5,000 cusecs, including 3,000 cusecs from four crest gates and 2,000 cusecs from outlets of Subhash Kabini Power project were released from the Dam on Saturday (June 19).

Last year, the Dam had recorded water level of 2,262 ft on this date (June 19), with an inflow of 3,100 cusecs and outflow of 1,500 cusecs. With the water level reaching the 2,275 ft mark, Subhash Power company has started power generation (20 MW) on a full scale.

Farmer leader Bidarahalli Chandrashekar expressed his happiness about the Dam getting filled up faster as compared to last year. Pointing out that intermittent rainfall in Wayanad for the past several days had resulted in the Dam filling up faster, he said that the Dam water will be of much help to the farmers for crop cultivation in Kharif season.

Maximum level of Kabini Reservoir is 2,284 ft and the water level stood at 2,276.11 ft. today.

# Lubrication of KRS crest gates begins

Mysuru, June 21 (Vinay Karekura&DM)- The greasing and oiling (lubrication) of crest gates installed at different levels of KRS Dam built over river Cauvery in Srirangapatna taluk of Mandya district has started. With the works being carried out as part of maintenance ahead of monsoon having begun, Cauvery Neeravari Nigam Ltd. (CNNL) Executive Engineer M.B. Raju inspected the works on Saturday.

Raju told *Star of Mysore* that any faults found in the crest gates during greasing will be repaired instantly. Highlighting that the crest gates of the Dam are being checked for any need of maintenance or repairs, he said that the works on greasing of VC Canal gates at 80 ft and 103 ft levels of the Dam is currently going on, following which other crest gates will be checked for their functioning.

CNNL's AEE Farooq Ahmed Abu, AE Kishore, JE Abhilash and others accompanied Raju during the spot inspection.

# Mandya unlocks; vehicles crowd roads

## Two injured in a three-vehicle accident

Srirangapatna, June 21 (Vinay Karekura&BCT)- The brighter side of the lockdown is that there are less accidents as many people postpone their travel plans and remain closeted indoors. The dark side of the unlock process, however, is that it causes accidents as maximum number of vehicles will be on roads.

Three vehicles were damaged and two persons sustained injuries on the Paschimavahini-Konanuru Road at Srirangapatna this morning as the road witnessed bumper-to-bumper traffic. Mandya district eased lockdown relaxations following an order by the State Government as the positivity rate has declined drastically.

As soon as the restrictions were removed at 6 am today, many private vehicles got onto the roads and headed towards Hassan, Kodagu and Sakleshpur. As the traffic was heavy on both sides of the narrow road, it led to minor traffic jams and accidents. Two car passengers sustained injuries when the driver was overtaking a truck on the road. The car (KA-05-MG-7695) collided with another car that was coming from the opposite side.

Due to the impact, the side portion of the car brushed with the truck that was being overtaken and fortunately, the car did not turn topsy-turvy. The injured were treated at Srirangapatna Hospital. The accident resulted in a big traffic jam and the Police had a tough time in clearing the road.

# More than 5,000 cusecs released to Tamil Nadu from KRS Dam

Srirangapatna, June 21 (Vinay Karekura&DM)- Even as the water level in KRS Dam is yet to reach its maximum level, the authorities are said to be releasing more than 5,000 cusecs of water from the Dam to Tamil Nadu daily, much against the interests of the farmers.

At present, the water level in the Dam is 93 ft, with the maximum level being 124.80 ft. Although the Dam has been recording an inflow of about 20,000 cusecs daily since the past few days, thanks to copious rainfall in Kodagu, the water level has not reached the necessary level to release water to Tamil Nadu, according to farmers.

Srirangapatna Taluk Raitha Sangha President Krishnegowda lashed out at the Karnataka Government for releasing water to Tamil Nadu within 15 days of the onset of monsoon. Maintaining that the Government has started releasing water fearing the Tribunal, he argued that the release of water even before the Dam got filled, defies logic.

Urging the authorities to stop release of water from the Dam, Krishnegowda warned of a massive demonstration if the release of water continued.

# Retaining wall works begin to protect Kodagu DC Office

## Mock drill demonstrates emergency preparedness

Madikeri/Kushalnagar, June 21 (Akshay&BCT)- Under threat of collapse due to incessant rains and possible landslides, the Kodagu DC Office is being protected with a 40-ft concrete retaining wall. But the works have started only now though the project was formally sanctioned long back and works on making pre-cast concrete slabs began in February this year.

Now the works have begun amidst heavy rains and a small portion of the wall has been built. The steep gradient on which the DC Office stands has been covered tightly with plastic sheets so that mud does not fall while undertaking the works. Rs. 5 crore is being spent on the project.

The District Administrative Office (DC Office) is located on a steep gradient along the Madikeri-Mangaluru Road and was built at a cost of Rs. 14.43 crore. It was inaugurated in November 2014 and last year, all the offices located in the DC Office Complex were shifted and they operated from the Office of City Municipal Council.

Officials requesting anonymity told *Star of Mysore* that the works were delayed because of COVID second wave and the tendering too got delayed though the project was sanctioned long back. The Geologists from Geological Survey of India (GSI) who conducted a study of the steep gradient on top of which the DC Office is located, had recommended the District Administration to construct a retaining wall to prevent any landslides.

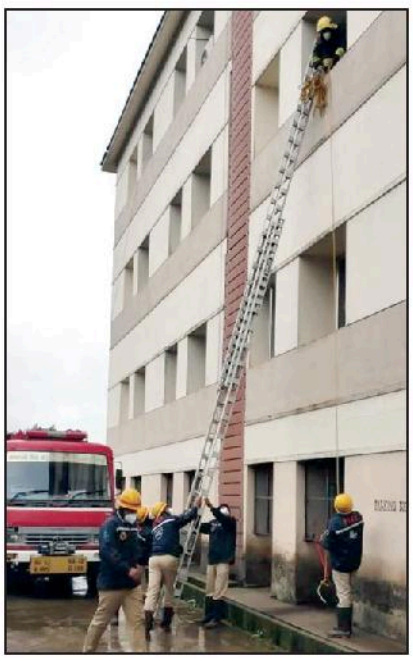
The wall will be 140 meters in length and the height varies from 30 to 40 feet. The contractors are using soil nailing and pre-casting method to build the sturdy wall. In this technology, iron rods are inserted into the walls up to two to three feet inside and two to three feet outside and then the wall will be built with pre-cast concrete material.

"Works have started now and we will continue the wall construction work till July first week and will stop the work if it rains incessantly. We have a project completion time till December or January 2022," officials said.

### Mock drill

As the threat perception is high due to a couple of landslides that have occurred on the Madikeri-Mangaluru Road and following instances of road caving in and cracking open, a mock drill was conducted at the DC office last Friday where employees were evacuated.

The National Disaster Response Force (NDRF) and Fire and Emergency Services Department conducted the mock drill where drills including evacuating the injured or the trapped were demonstrated and practiced. Ladders were placed on the outer walls of the building and ropes were used to demonstrate the preparedness in case of emergencies.



*The National Disaster Response Force (NDRF) and Fire and Emergency Services Department personnel evacuating the injured/trapped during the mock drill in Kodagu.*

# Tragedy strikes family on Father's Day

- Father dies of heart attack hours after daughter commits suicide
- Girl takes extreme step as she was not admitted to private college

Malavalli, June 21 (KS)- Tragedy struck a family on Father's Day yesterday (June 20) when the father died of heart attack while preparing for the last rites of his daughter who had committed suicide in the morning.

The incident took place at Talagawadi village in the taluk yesterday morning.

**Details:** K. Raju (65), a farmer from Talagawadi village, had four daughters and a son. T.R. Bandavya (17) was his youngest and favourite daughter. Bandavya's three sisters and brother were pursuing their education at a private college.

Bandavya, who wanted to become a doctor, was a meritorious student, who had scored 93 percent in her SSLC exams. As her father Raju was having financial problems due to COVID-induced lockdown, he was unable to get Bandavya admitted to a private college as per her wishes and had instead admitted her to the Government PU College at Bannur.

*T.R. Bandavya* *K. Raju*

As a result, Bandavya went into depression and it is learnt that she was also facing problems in attending to online classes for 2nd PUC. Depressed over this, Bandavya hanged herself to the ceiling fan in her house on Sunday morning.

Cursing himself for not being financially sound to get his daughter admitted to a private college which had resulted in her untimely death, Raju was preparing for the last rites when he collapsed on the ground. Though he was being rushed to Malavalli Taluk Hospital, he is said to have breathed his last midway.

Malavalli Rural Sub-Inspector Ravikumar, speaking to *Star of Mysore* said that no case has been registered in this regard.

## Alleged dowry harassment

# Woman immolates self at T. Narasipur

T. Narasipur, June 21 (KS)- A 25-year-old woman, unable to bear the harassment by her in-laws for dowry, allegedly immolated herself be pouring kerosene and setting herself on fire. The incident took place at Hyakanur village in Kollegal taluk on June 17.

The deceased is Sudha, wife of Chandrashekar.

Daughter of Mahadeva of Kungalli village in Kollegal taluk, Sudha was given in marriage to Chandrashekar, son of Ramaiah of Hyakanur village.

Recently, Sudha had called her father Mahadeva and had informed him about the alleged harassment by her mother-in-law Puttamadamma, who was pressurising her to bring dowry.

*Sudha*

Unfortunately, on June 17, Sudha had attempted suicide by pouring kerosene on her and setting herself ablaze. Though she was admitted to K.R. Hospital in Mysuru, she succumbed to burn injuries on June 20.

Meanwhile, Sudha's father Mahadeva, holding Sudha's husband Chandrashekar, in-laws Ramaiah and Puttamadamma responsible for her death, has lodged a complaint at T. Narasipur Police Station.

# Nominated to Animal Welfare Board

Mysuru, June 21- Animal-lover Dr. S.K. Mittal has been nominated as Regional Chairman of Karnataka State Animal Welfare Board, Government of Karnataka, for Mysuru Region consisting of Mysuru, Mandya, Chamarajanagar, Kodagu, Hassan, Chikmagalur, Dakshina Kannada and Udupi Districts.

Earlier, Dr. Mittal had also inspected most of the Districts as Chairman of Kerala and Karnataka Animal Welfare Board, Government of India. He will be in charge of the safety, preservation, economic development, assistance and overall monitoring in these districts.

*Dr. S.K. Mittal*

# No country was ready for COVID, Yoga helped: PM Modi

## 'WHO mYoga' app launched; to help fulfil motto of 'One World, One Health'

New Delhi, June 21 (Agencies)- Yoga became a source of inner strength among people amid the COVID-19 pandemic and inculcated faith in them that they could fight the virus, Prime Minister Narendra Modi said this morning.

"Yoga shows us the road from stress to strength and from negativity to creativity," PM said as he addressed the lead event of the seventh International Day of Yoga (IDY). The theme this year is "Yoga for wellness."

Due to the Coronavirus pandemic, the lead event of Yoga Day this year was a televised programme and Modi, who was dressed in an orange kurta, began his speech at 6.45 am.

"When COVID emerged, no country was prepared. At this time Yoga became a source of inner strength. Yoga helps in self-discipline and it inculcated faith in people that they could fight this virus. Frontline warriors told me that they made yoga a tool in fighting the virus," PM Modi said.

*Prime Minister Narendra Modi*

PM Modi also said that India, in collaboration with the World Health Organisation (WHO), has launched the **'WHO mYoga'** application, which will have many videos of Yoga training based on Common Yoga Protocol available in different languages of the world. This will help us in making the "One World, One Health" motto successful, he said. "For most of the countries of the world, Yoga Day is not their age-old cultural festival. In this difficult time, people in so much trouble could forget it, ignore it. But on the contrary, people's enthusiasm for Yoga has increased, love for Yoga has increased," PM said.

Yoga often gives us a way of holistic health, he said, adding that several studies are taking place around the world on the benefits of Yoga on our body and immunity. "Yoga not only focuses on physical health but also mental health. During COVID, several studies are going on, researching the benefits of Yoga on our body and immunity. We see that yoga and breathing exercises are being done at the beginning of online classes. This is helping children in fighting the virus," Modi said.

Highlighting the importance of Yoga on one's overall well-being, he said, "Yoga shows us the road from stress to strength and from negativity to creativity. Yoga tells us that so many problems might be out there, but we've infinite solutions within ourselves. We're the biggest source of energy in the universe," PM said in the televised address to the nation.

# Sombre Yoga Day

**(Continued from page 1)**

Yoga on terraces, inside ventilated halls of homes, training and mass demonstration yoga sessions on many virtual platforms marked the day today. There was maximum use of digital, virtual and electronic platforms rather than by organising events that require congregation of people. Almost all reputed yoga training schools of the city took to virtual way of celebrating the day.

Yoga was performed from 7 am to 7.45 am that began with Prarthana, Chalana Kriya and Dhyana. Some of the asanas that were performed include Tadasana,Vrikshasana, Pada-hasthasana, Ardhachakrasana, Trikonasana, Bhadrasana, Ustrasana, Uttana Mandukasana and asanas in prone positions and supine positions.

The District Administration in association with Zilla Panchayat, Mysuru City Corporation, Department of AYUSH, Government Nature Cure and Yoga College, Department of Public Health, Department of Youth Affairs and Sports and others organised the celebrations from the confines of homes. Joining hands with the administration were Patanjali Yoga Shikshana Samithi, GSS Yogic Research Foundation, Yoga Sports Federation and Yoga Federation of Mysore.

Over 1,200 yoga enthusiasts had registered with the District Administration to perform yoga on virtual platforms. They need to WhatsApp the photographs of their yoga session to 96115-91119 or e-mail to: *idymys2021@gmail.com* before 11 pm of June 22. E-certificates will be issued to all participants.

Along with yoga at homes, the District Administration had organised full-fledged yoga sessions for all inmates of COVID Care Centres at KSOU Bhavan in Mandakalli, Varakodu in Mysuru Taluk and at Maleyuru and Mahadevanagar in Nanjangud Taluk.

Today, June 21, also marked the mega 'Lasika Mela' launched by the State Government to vaccinate seven lakh people. Also, with Prime Minister Narendra Modi announcing free vaccines for beneficiaries of 18 to 44 categories from today to coincide with Yoga Day, a combination of yoga, music and vaccine provided a recipe for good health.

Though both World Yoga Day and World Music Day are meant for different purposes, considering the therapeutic effects of music and yoga, celebrating Music Day and Yoga Day on the same day is a healthy concoction. Nothing is more beneficial than doing yoga along with some soothing music.

# Yoga at icy heights

## Indo-Tibetan Border Police perform at snow-covered Himalayan peaks

New Delhi, June 21 (Agencies)- The Indo-Tibetan Border Police (ITBP) personnel, deployed at India-China border, performed Yoga at the icy height of 18,000 feet at the snow covered Himalayan peaks on the Indian-China border this morning.

Several pictures showed the officials performing Pranayama and Surya Namaskar at the backdrop of snow-covered mountain slopes. Visuals also came in from across the country, showing security forces taking part in Yoga events. Many who came across the pictures lauded the soldiers for their discipline.

The ITBP personnel performed Yoga amid snowfall at Himalaya to mark the 7th International Day of Yoga. Similar to the previous years, the ITBP personnel performed Yoga on different high altitude border outposts in Ladakh ranging from 13,000 to 18,000 feet.

On the event, some ITBP personnel performed Yoga at 16,000 feet in Himachal Pradesh, 14,000 feet at the bank of Pangong Tso in Ladakh, at Animal Transport School in Arunachal Pradesh's Lohitpur with horses and near Galwan valley in Ladakh on the Line of Actual Control (LAC) where as many as 20 Indian Army personnel had laid down their lives in the clashes with Chinese Army on June 15 last year.

The Himveers also performed Yoga on different heights at Himalayas. From 18,800 feet in Sikkim Himalayas to Khardung La in Ladakh at the height of 18,000 feet and Vasundhara near Badrinath in Uttarakhand at the height of 14,000 feet.

The specialised mountain force, ITBP, is deployed on border guarding duties from Karakoram Pass in Ladakh to Jachep La in Arunachal Pradesh covering 3,488 km of Indo-China Border and manning Border Outposts on altitudes ranging from 9,000 to 18,800 feet in the Western, Middle and Eastern sectors of the India-China border.

# Vaccine shortage

**(Continued from page 1)**

**MLAs take lion's share**

Unnamed sources told *SOM* that the lion's share of the vaccines was taken by Krishnaraja MLA S.A. Ramdas and Chamaraja MLA L. Nagendra and even here, there was shortage as thousands gathered near the designated vaccine centres. At many boots in Krishnaraja and Chamaraja Constituencies, there were more than 3,000 people in front of the vaccination sites but the allocation was just 1,500 to 2,000 vials.

Also, many people were sent back from vaccination centres saying that the drive has been postponed and that they should call up MCC and enquire. "We checked in at least 10 different venues and we got the same reply," said Mahadeva, a milkman. There were angry responses from many people including women who stood for long hours only to be told later that vaccine process is restricted to target groups.

**Health Officer clarifies**

The Health Department officers are targeting over 1,60,000 people from the vulnerable groups to administer jabs. The target of 45,000 (25,000 by Health Department and 20,000 by MCC) can be achieved by the end of the day but it will not be the original target of only 18-45 age-group people.

"We have distributed 51,000 vials across the district and of that 29,000 Covishield and 5,000 Covaxin vials have been given to MCC. All taluks have got 3,000 Covishield and 1,000 Covaxin and Nanjangud taluk has got 1,000 extra Covishield," DHO Dr. K.H. Prasad told *SOM*.

He, however, denied that there is a vaccine shortage. "We have restricted the drive to only vaccinate vulnerable groups as the response was too huge. We will get more batches today and in the coming days and the process will be smooth after initial hitches," he justified.

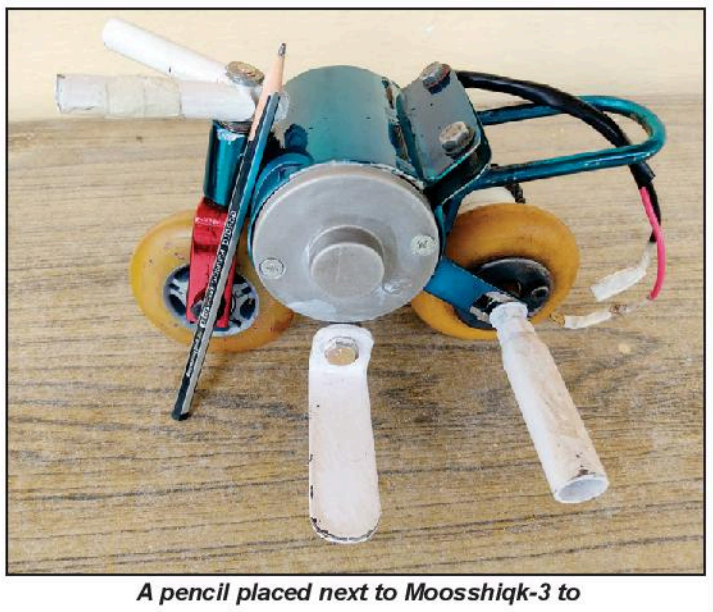
Vaccines were administered at all 173 vaccine centres in the district and 34 within the Mysuru city limits. MCC too took up vaccinating its employees, staff from Vani Vilas Water Works, Engineering Section, Underground Drainage section, Police, Revenue Section and all the other departments.

Exclusive vaccination booths were set up at many locations for street vendors in Krishnaraja, Chamaraja, Narasimharaja and also Chamundeshwari Constituencies, University employees at Senate Bhavan, for teachers at Teachers' Bhavan and for Police too at different locations including the main MCC Office.

# City bike designer's electric bike enters Golden Book of World Records

## This tiny rideable bike is just 5.7 inches in height

*Santosh holding his new creation Moosshiqk-3*



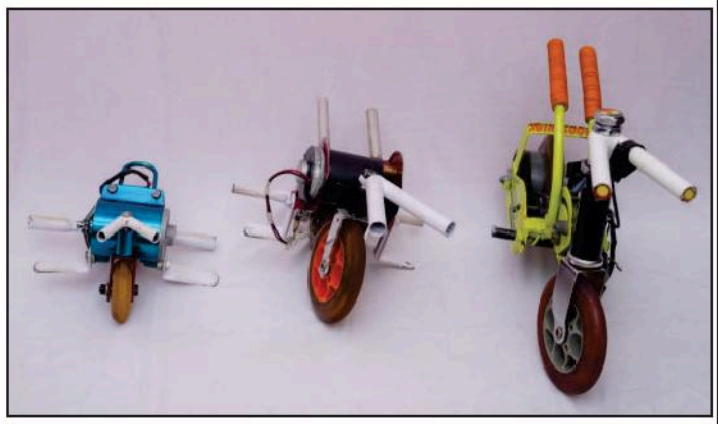
*A pencil placed next to Moosshiqk-3 to compare the height.*

*Video grab of Santosh riding Moosshiqk-3 in city.*

Mysuru, June 21 (KS)- In yet another feather to his cap, city's bike designer Santosh, whose creation — Moosshiqk-1 — an electric bike had entered Limca Book of World Records, Asia Book of Records and India Book of Records besides being featured in *Ripley's Believe It or Not!*, has now entered Golden Book of World Records for his new creation — Moosshiqk-3, the world's smallest electric bike, which could be ridden.

A technician at Reckitt, a pharmaceutical manufacturing company at Hootagalli in city and a resident of Saraswathipuram here, Santosh had earlier created Moosshiqk-1 (2010), an electric bike, which was 12 inches in height, 18 inches in length, weighed 4 kgs and battery driven; this bike can also be ridden backwards (reverse). It can be disassembled in less than 1 minute and can be assembled in the same time. This creation had enabled him to enter many Books of World Records and was also featured in *Ripley's Believe It or Not!*.

Not happy with the height, Santosh decided to build another electric bike smaller than Moosshiqk-1, Santosh then built Moosshiqk-2 in 2021, which was 11 inches in length, 8.5 inches tall and weighed 3 kgs. Santosh then began to work on creating much smaller electric bike and again this year, he came out with much smaller bike Moosshiqk-3, which is just 5.7 inches height, 5.11 inches wheelbase length and weighs just 2.5 kgs.



***Santosh's creations** — (from right) **Moosshiqk -1, Moosshiqk-2 and Moosshiqk-3.***

On June 3, Santosh recorded a video of him riding Moosshiqk-3 and sent the same to Golden Book of Records and he received the certificate on June 19.

***Nisttarkya, the first Indian electric concept bike developed by Santosh.***

A motorbike design enthusiast, Santosh had also created *Nisttarkya*, the first Indian electric concept bike, which weighs 40 kgs, drives on 36 V, 350w hub motor and powered by three 36 V rechargeable batteries. The most noticeable feature of *Nisttarkya* is its sitting position. It has two shock absorbers, one for the front, one for the back and the headlight mounted on the rider's forehead.

# No operation of KSRTC buses in Mysuru

Mysuru, June 21 (MTY&DM)- Even as the Government announced unlock 2.0 coming into effect from today (June 21) allowing public transport, there is no KSRTC bus service in Mysuru as the lockdown restrictions announced on June 11 has been extended till July 5 in the district, without any relaxations due to high COVID positivity rate.

Mysuru is the only district in the State where public transport has not resumed post unlock 2.0. The district tops the positivity rate in the State, recording over 12 percent, which is far higher than 5 percent that the Government had set for unlocking of lockdown.

With no KSRTC bus services in city and district, the authorities have banned entry and exit of buses from the Sub-urban Bus Stand.

Accordingly, buses coming from other districts such as Mandya, Chamarajanagar, Hassan, Bengaluru, cannot alight or board passengers at Mysuru Sub-urban Bus Stand. The drivers and conductors of buses to different destinations passing through Mysuru, have been asked not to board Mysuru bound passengers.

**Train services continue**

Meanwhile, train services from Mysuru to Bengaluru and other destinations have continued and passengers are allowed to board and alight at the City Railway Station as usual. In fact, the Railways has added a few more trains to Bengaluru, with the Government announcing unlock 2.0 in a majority of districts and easing restrictions in all other districts, barring Mysuru, which continues to record a high positivity rate. However, despite the addition of trains and also the recommencement of counter-ticket facility for some of the trains, only a small number of passengers are travelling by trains, it is learnt.


**PUBLIC NOTICE**

The public at large is hereby notified that our client is intending to purchase the residential flat constructed in alienated land property bearing Sy.No.142/5 to an extent of 33 Guntas and Sy.No.142/6 to an extent of 2 Acres situated at Madagalli Village, Yelwala Hobli, Mysuru Taluk constructed by "Trendz Housing LLP", which is morefully described in the schedule mentioned hereunder. If any person/persons has/have any right, title, interest or claim over the schedule property, they may lodge their claims/objections with the undersigned within 7 days from the date of this notification with supporting documents, failing which, our client will take it for granted that there are no claims/objections over the schedule property and our client will proceed with the matter. Any claims/objections received after the stipulated period of 7 days will not be considered.

**SCHEDULE**

The residential flat bearing No. 6804 constructed by "Trendz Housing LLP", in alienated land property bearing Sy.No.142/5 to an extent of 33 Guntas and Sy.No.142/6 to an extent of 2 Acres situated at Madagalli Village, Yelwala Hobli, Mysuru Taluk.

Sd/- B. PANEESH KUMAR, Advocate
#123, 11th Main, KH Road,
Saraswathipuram, Mysuru-9.
Mob: 94480 32020.

Mysuru. Date: 21-06-2021.



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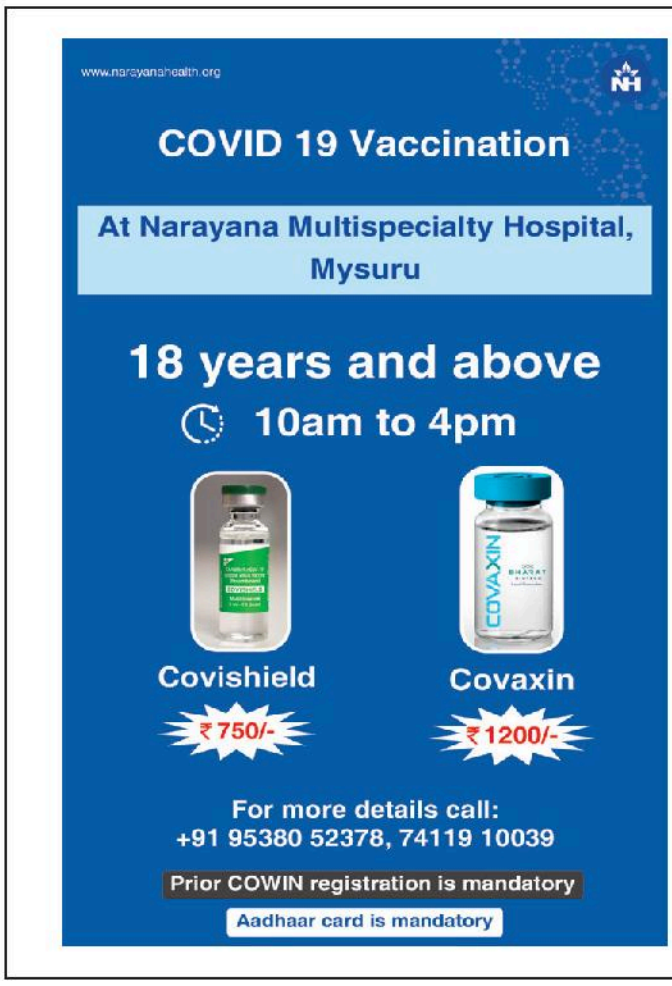
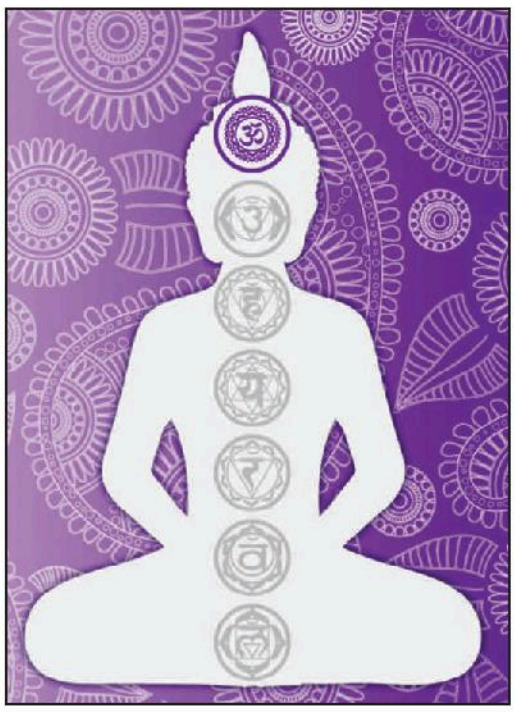


# Vaastu Feng Shui & Bio-Energetics

By **S.B.S. Surendra,** Accredited Master Feng Shui Consultant

## Celestial energies



The seasons in a year have an influence on the energies around us and most of the metaphysical sciences including Feng Shui pay a lot of attention to these energies and its influence on life on planet Earth. There are certain specific periods in a year which have a great significance as energies are elevated and most beneficial to human life.

In the metaphysical science of Feng Shui, the prime focus is the flow of Energy called "qi" (Chi). The Egyptians call it Ka, in Hebrew its Ruach, the Japanese refers to it as Ki, and in Hindusim it's called "Prana" or "Shakthi" and it exhibits the popular theory that "Energy cannot be created or destroyed". The qi (Chi) energy manifests in various forms and is based on the theory that there is a continuous flow of energy between humans and their physical surroundings. Feng Shui supports the energy flow in your environment, which directly impacts the energy flow in your body and thus can unleash more of your energy and vitality.

It's no surprise that the Chinese metaphysical science had several approaches embedded in Feng Shui which are based on codes and symbolism connecting back to the Sun and its energy. The human life on Earth and the Sun is the relationship of the microcosm and macrocosm and the flow of energies in and around us.

The point of entry of such universal energies into the human body is through the Crown also known as the "Crown Chakra" or "Sahasra Chakra." The Chakras are Energy Centres which act as translators for the energy. These Centres help to slow down or speed up energy as it passes within the energy system.

The absorption of the cosmic forces in the Energy Centres and conducting them through the meridians or pathways give rise to an increase in energy field within and outside the physical body of the individual which is referred to as "Aura."

To ensure positivity in us and in our home you can adapt following simple approach.

**A.** Ensure that energy flow is unrestricted and moving freely; if it is blocked or stagnant, you may find it hard to achieve your aspirations. Remove obstructions and clutter from your pathways, hallways, driveway and entry. Keep them open and clear for free flowing Chi (energy).

**B.** Balance and harmony are fundamentals of Feng Shui walk around and feel the energy of your space — how does it feel to you? If you detect a lack of balance or harmony in a particular area, take note of it and try to realign things.

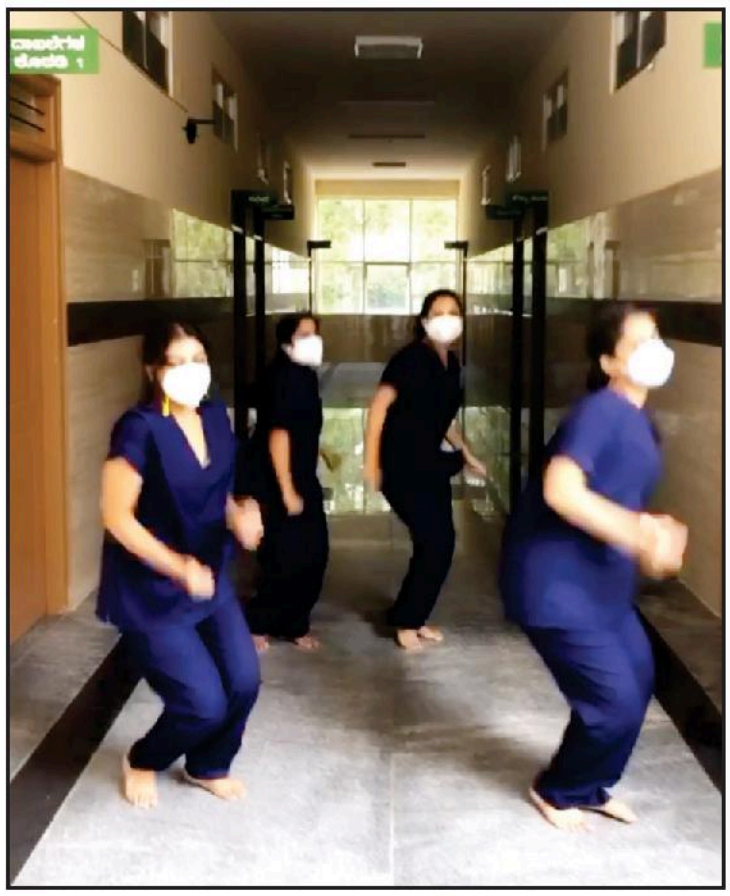
**C.** Strengthen the North sector or the area of your home or office, as it is connected to Your Path in Life, or Career. Both Water and Metal element colours are good in this sector and you could even place images connected to the growth of your career and overall, your growth as a human being on this earth.

**[fengshui@fengshuiserver.com]**

# 'COVID Mitra' volunteers dance
## to enthuse doctors on pandemic duty

Mysuru, June 21 (MTY&SSV)- When doctors across the country were protesting against assault on their colleagues on the COVID-19 duty under the umbrella of Indian Medical Association (IMA), four medico volunteers at Seth Mohandas Tulasidas 'COVID Mitra' Triage and Counselling Centre performed dance to convey the message 'doctors are heroes saving patients and Corona positive patients, and not villains'.

Through dance, they conveyed to people that doctors make efforts to save life of critical patents. Sometimes patients die without responding to treatment. Holding doctors responsible, people physically assault and abuse them. The doctors wear PPE kits and attend to patients without food and water and it is the responsibility of society to respect them.



**Dr. B.S. Sanjana,** a dentist and daughter of B.S. Srinath and H.S. Anupama couple, **Dr. Aisiri Shivakumar,** daughter of Shivakumar and Gita couple, **Dr. B.K. Amulya,** daughter of Kapanigowda and Savita couple and **R.S. Srikalpa,** student of Sarada Vilas Pharmacy College and daughter of R.S. Satyanarayana and D.S. Subbalakshmi, were those who danced at 'COVID Mitra' centre on June 18.

While Dr. Aisiri is Bharatanatyam and Kathak dancer, three others are classical dancers.

They told *SOM* that assaulting doctors on COVID duty will demoralise them. People must not forget that they are also human beings. When relatives of positive patients are scared to go near them, Doctors and Nurses treat them risking their lives. Doctors are always heroes and not villains for patients. "Former Commissioner of Mysuru City Corporation (MCC), Shilpa Nag, had prompted them to dance and create awareness on the lines of Kerala medicos. So, we performed to remove wrong notion among people," they added.

**Kerala connection**

Two medicos from Thrissur Medical College had recorded a 30 seconds video of dance to a famous song of 1970, shot in the College corridors on March 23.

They had shared this video on Instagram to create awareness on Corona.

It was viewed by over 10.26 lakh people and had received support from young doctors across the country through dance. Now, the dance by Mysuru students is attracting people.

# Pile of dead bodies pains crematorium worker

Mysuru, June 21 (YDS&SSV)- "In my 30 years of this profession, I had never seen so many dead bodies or heard cries of family members. I was very pained to see all these things", said Mahadev, who works as contract worker of Mysuru City Corporation (MCC) at Vijayanagar Electric Crematorium.

He has been doing the job of cremating bodies for the last three decades. Initially, he was working at the electric crematorium at the foothills of Chamundi Hill but now works at Vijayanagar Crematorium. "My job is to wear PPE kit, shift dead bodies from the ambulances and push inside the furnace with 600-700 degree centigrade. It will take one hour for the body to turn into ashes. By that time, some more bodies will be ready for cremation which goes on amidst crying by family members and smoke from the furnace. This starts from morning and goes on till night. When this is my profession, there is no point of fear", Mahadev added.

Initially, Prior to February 2020, only two to three bodies were coming daily and it rose to 5-10 bodies during first wave of COVID-19 pandemic. In second wave, ambulances were bringing 30-35 dead bodies daily. He was not finding time even to have lunch. "I used to leave home at 8 am and return around 11 pm due to work pressure."

Before allowing cremation at Jayanagar and Jodi Tenginamara Burial Grounds using firewood, around 35 bodies were brought to Vijayanagar and Chamundi foothill crematoriums daily. Now, 4-5 bodies are brought to Vijayanagar crematorium daily, he noted.

CGHS Wellness Centre

# Welfare Committee expresses gratitude

Mysuru, June 21- The Central Government Employees Welfare Co-ordination Committee (CGEWCC), Mysuru, recognised by the Government of India, has been constituted to take care of the welfare measures of all Central Government employees and their family members.

As part of the welfare of all Central employees, CGEWCC, Mysuru, had made a lot of efforts to get the **Central Government Health Scheme (CGHS)** facility to Mysuru by providing all documents and related information to CGHS Directorate through CGHS Bengaluru since last 10 years. The Ministry of Health and Family Welfare, New Delhi, has now approved a CGHS Wellness Centre to Mysuru.

CGEWCC has in a press release expressed its gratitude to the Ministry for approving the Wellness Centre to Mysuru. For details, contact A.R. Keerthi, Secretary, CGEWCC on Mob: 98441-81080.

## Tokyo Olympics 2020 [July 23 - August 8, 2021]

# BCCI donates Rs. 10 crore

## for Indian Olympic-bound athletes' preparations

New Delhi, June 21- The Indian Cricket Board (Board of Control for Cricket in India) on Sunday pledged a donation of Rs. 10 crore for the training and preparations of country's Olympic-bound athletes.

"BCCI has decided to extend support to the Indian Olympic Association and has pledged a monetary gesture of Rs. 10 crores," the Cricket Board said in a tweet, as the decision was taken at the BCCI's Apex Council Meeting attended by BCCI President Sourav Ganguly and Secretary Jay Shah.

"The summer Olympics is scheduled to be held in Tokyo from 23 July to 8th August 2021. The BCCI has decided to support Indian athletes in every form and manner it can. In that spirit, based on the request received from the IOA/MYAS, the Apex Council of BCCI has decided to extend support to the Indian Olympic Association and has pledged a monetary gesture of Rs. 10 crores," BCCI said in a statement.

"Yes, BCCI will be helping out the Olympic contingent. An amount of Rs. 10 crore has been sanctioned by the Apex Council," a senior BCCI official said.

"It (fund) will be used for the preparation and other contingency purpose of our elite athletes who have qualified for the Tokyo Games. The modalities of the payment will be finalised after talking to Sports Ministry and Indian Olympic Association (IOA)."

The Tokyo Olympic Games will begin from July 23.

It is understood that post the departure of Li Ning as the kit sponsor, the amount donated by the BCCI will certainly help in multiple ways for the contingent in covering various costs which includes training and preparation.

"The BCCI has always believed in helping in the development of Olympic Sports and this is not the first time that a big amount is being donated," he said.

# NZ Weightlifter selected

## as first Transgender Olympian

Wellington, June 21- New Zealand (NZ) weightlifter Laurel Hubbard was selected as the first transgender Olympic athlete Monday after Kiwi officials made a ground-breaking call on "a highly sensitive and complex issue."

New Zealand Olympic Committee (NZOC) Chief Kereyn Smith said Hubbard, 43 — who was born male but transitioned to female in her 30s — met all the qualification criteria for transgender athletes.

"We acknowledge that gender identity in sport is a highly sensitive and complex issue requiring a balance between human rights and fairness on the field of play," Smith said in a statement.

"As the New Zealand team, we have a strong culture of manaaki (caring) and inclusion and respect for all."

Hubbard, who also competed as a male, became eligible to lift as a woman after showing testosterone levels below the threshold required by the International Olympic Committee.

She will contest the women's +87kg category in Tokyo Olympics, an event in which she is currently ranked 16th in the world.

Olympic Weightlifting New Zealand President Richie Patterson said that Hubbard has worked hard to come back from a potentially career-ending elbow injury suffered at the 2018 Commonwealth Games.

"Laurel has shown grit and perseverance in her return from a significant injury and overcoming the challenges in building back confidence on the competition platform," he said.

However, support for Hubbard's selection is not unanimous, with former teammate Tracey Lambrechs saying last month that the concerns of female-born weightlifters were being ignored.

"I've had female weightlifters come up to me and say 'This isn't fair, what can we do?'," she told.

"Unfortunately there's nothing we can do because every time we voice it (concerns) we get told to be quiet."

### 'Keep an open mind'

IOC rules state a trans woman can compete provided her testosterone levels are below 10 nanomoles per litre, a criteria Hubbard meets.

*Laurel Hubbard at the 2018 Commonwealth Games.*

But critics say she has numerous physical advantages from growing up male that make her presence in the competition unfair for female-born athletes.

Hubbard, an intensely private person who avoids the media, did not address the gender issue in remarks released by the NZOC.

She thanked the community for supporting her return from injury. "I am grateful and humbled by the kindness and support that has been given to me by so many New Zealanders... your support, your encouragement, and your aroha (love) carried me through the darkness," she said.

US transgender BMX rider Chelsea Wolfe also has an outside chance of competing at the Games after being named as an alternate in the American team, meaning she will travel to Tokyo but only participate if a teammate is forced to withdraw.

But it is Hubbard who has become an unwitting lightning rod for the sometimes vitriolic discussion on transgender participation in sport.

Donald Trump Jr. had labelled the prospect of Hubbard being selected "ridiculous", while British television presenter Piers Morgan railed against women's rights being "destroyed on the altar of political correctness".

In a rare interview in 2017, Hubbard spoke about learning to block out criticism and "keep on pushing" as an athlete.

"I'm mindful I won't be supported by everyone but I hope that people can keep an open mind and perhaps look at my performance in a broader context," she told.

# Organisers working on safe stay and training of Indian athletes

Tokyo, June 21- The Tokyo Olympic organisers are working on how to ensure safe stay and seamless training of the Indian athletes inside the Games Village, according to a letter they have sent to the Indian Olympic Association (IOA).

The Indian athletes and officials travelling for the Olympics have been asked by the Japanese government to undergo daily COVID-19 tests for a week prior to their departure and not to interact with anyone from another country for three days upon arrival, strictures that have left the IOA fuming.

Stricter regulations have been put in place for all travellers — including athletes, coaches and support staff — of 11 countries, including India, where different variants of COVID-19 have been identified, within 14 days of their arrival in Tokyo.

Terming the rules as "unfair and discriminatory", the IOA had written to Tokyo Organising Committee of the Olympic Games (TOCOG) to ensure that mechanisms to prevent COVID do not have any "adverse and detrimental impact" on performance of athletes.

In reply to the IOA letter, TOCOG said: "Tokyo 2020 is working to define how athletes of your NOC as well from other 10 countries and all other 195 NOCs can stay safe in the Villages and have training.

"We hope to provide you with those information and discuss together as soon as possible we develop it," the Games organisers said in a letter to the IOA. IOA, on its part, said that its President and Secretary General were in discussion with TOCOG and seeking clarifications on the conditions imposed on the Indian contingent for Tokyo Olympics.

India's COVID-19 situation has improved considerably after a catastrophic second wave with daily cases declining from more than 3 lakh daily a few weeks back to less than 60,000 right now.

Earlier, the advisory from the Tokyo Games organisers had said that athletes from Group 1 countries must be tested every day, for 7 days, prior to departure to Japan. Afghanistan, Maldives, Nepal, Pakistan and Sri Lanka were clubbed in Group 1.

TOKYO 2020

"Physical distancing: For seven days prior to your departure to Japan, you must keep your physical interaction with all others, including from another team, delegation or country, to an absolute minimum," the advisory said.

"At the Games, you will be tested every day as is the case for all athletes and officials. For three days after your arrival in Japan, you will not be able to physically interact with anyone from another team, delegation or country."

Athletes have been asked to check into the Games Village five days before their competition begins. IOA President Narinder Batra and Secretary General Rajeev Mehta, in a joint statement, had questioned the new regulations.

"Athletes are allowed to arrive in the Games Village only 5 days before their event. Now 3 days will be wasted, this is the time the athletes need to be moving towards their mode to peak. Highly unfair for Indian athletes," the joint statement read.

"Where and when will the Athletes have their breakfast, lunch, dinner etc. during these 3 days, as everyone has food in the Games Village food hall where all athletes and officials of other NOCs are present all the time.

"If food packets are being delivered outside the rooms of the athletes then who will plan their body requirements like proteins, food preferences etc and will it not affect the performance of athletes, who will not get their preferred diet, just 5 days before the Olympics."

The IOA had questioned the need for the regulations given that athletes from India will be fully vaccinated and will be undergoing daily tests for a week before their departure.

## WORD OF THE DAY

### Fealty

**Pronunciation:** FEE-ul-tee.
**Meaning:** The fidelity of a vassal or feudal tenant to his lord; the obligation of such fidelity; intense fidelity.
**Origin:** In The Use of Law, published posthumously in 1629, Francis Bacon wrote, "Fealty is to take an oath upon a book, that he will be a faithful Tenant to the King." That's a pretty accurate summary of the early meaning of fealty. Early forms of the term were used in Middle English around 1300, when they specifically designated the loyalty of a vassal to a lord. Eventually, the meaning of the word broadened. Fealty can be paid to a country, a principle, or a leader of any kind—though the synonyms fidelity and loyalty are more commonly used. Fealty comes from the Anglo-French word feelté, or fealté, which comes from the Latin fidelitas, meaning "fidelity." These words are ultimately derived from fides, the Latin word for "faith."
**Example:** "Bathed in a laid-back marinade and wrapped in a cloak of smoke, the Niman Ranch Prime skirt steaks are cooked meticulously medium-rare, in the house style—a small miracle in itself, and one of the reasons for my fealty." — Alison Cook, The Houston Chronicle, 5 May 2021.

## THE ODD WORD

### Facinorous

Atrociously wicked.

## PHRASE OF THE DAY

### Fast Friends

**Meaning:** The phrase 'Fast Friends' is used to describe good, loyal friends.
**Origin:** Although many believe that the idiom 'fast friends' means friends who developed a liking for one another quickly, the term is actually a shortened form of 'steadfast friends.' The origin of the idiom 'fast friends' comes from an even older version of the word 'steadfast' – Old English triewe meaning faithful, trustworthy, and steady in adhering to promises or friends.
**Example:** "The two of them had been fast friends since college."

## QUOTE BOX

You can discover more about a person in an hour of play than in a year of conversation. **— Plato**

## RIDDLE THIS

Solve the rebus:

*Answer: Ants in the pants.*

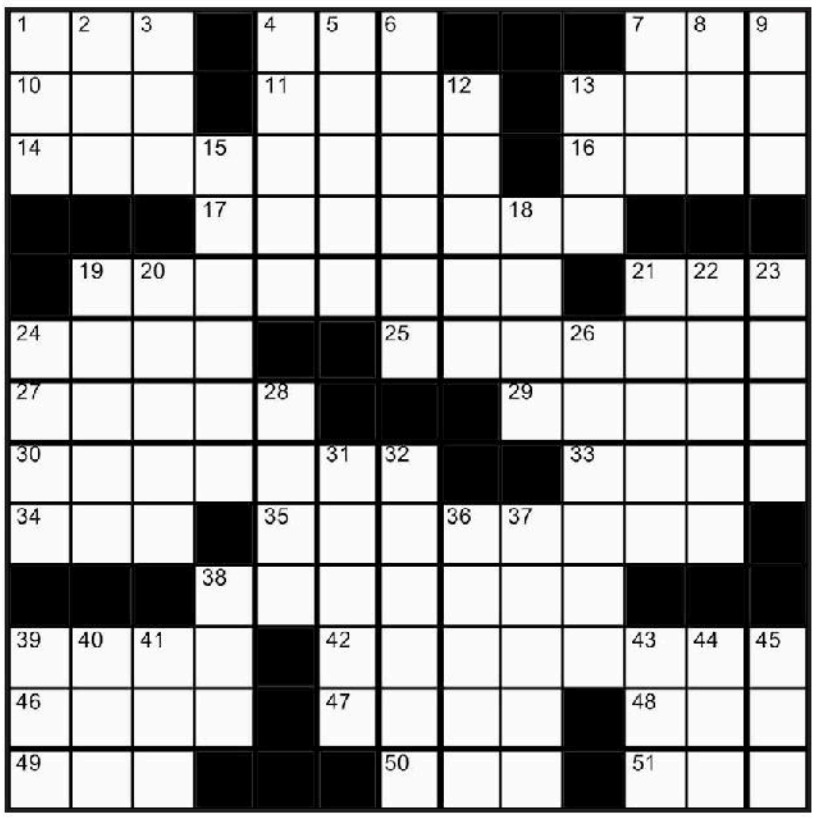
## CROSS WORD

**ACROSS:**
1 Vitality
4 US soldiers
7 Gumshoe or investigator
10 Part of the body
11 Bread spread
13 Large extinct bird
14 Having a row
16 See ____ : investigate
17 Embarrassed
19 Extremely expensive? (4,4)
21 Norwegian rug
24 Verdi's Egyptian opera
25 Shattered violently
27 Crush
29 Berate
30 Colourful displays in the evening
33 Electric current units
34 Suffix for sex-change
35 Adages; axioms
38 Staying power
39 Peru native
42 Stories with morals?
46 One pound sterling
47 Blinds crosspiece
48 Former measure of length
49 State Trdg. Corp.
50 The French for 'island'
51 Nursery item

**YESTERDAY'S ANSWER**

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | R | E | | | A | I | L | | M | I | L | E |
| I | O | N | | | R | N | A | | A | I | A | C |
| R | E | S | C | I | N | D | S | | T | A | T | E |
| | | L | I | T | E | R | A | T | U | R | E | |
| G | R | A | D | E | | I | G | O | R | | | |
| N | O | V | | | | | N | O | E | L | S | |
| U | S | E | F | U | L | | E | L | D | E | S | T |
| | E | D | U | C | E | | | | A | E | R | |
| | | | E | L | A | L | | P | A | T | S | Y |
| | G | O | H | A | R | D | W | I | T | H | | |
| C | O | I | R | | N | O | R | E | M | E | D | Y |
| D | E | L | E | | E | P | I | | | R | I | O |
| U | S | S | R | | R | A | T | | | Y | E | N |

**DOWN**
1 Very High Frequency
2 Latin trio
3 Miles/gal.
4 Managed but not very successfully? (3,2)
5 Greek epic
6 Faculties
7 Heavy weight
8 EnergyDesignTechnique,abbr.
9 Dove sound
12 Irish alphabet
13 Carried out
15 Badger
18 Periods of history
19 Disease spreader
20 Utopias or heavens
21 Equilateral parallelogram
22 Cries out, perhaps pleasurably, as a small dog or a pup
23 Tots up?
24 Vaulted church recess
26 Sort of beetle
28 Ninth month, abbr.
31 Baits, decoys or enticements
32 Mogadishu resident
36 Like some diseases
37 Related on the mother's side
38 Melancholy or pitiful
39 Binet-Simon test measurements
40 Bolt's complement
41 President's title: abbr.
43 Allow or rent
44 "Rockaria!" band
45 Wily and cunning



## SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | | | 4 | 2 | | 3 | 1 | |
| | | 7 | 6 | | 5 | | | |
| | | | | | | | | |
| | | | | 6 | 9 | | | 7 |
| 2 | | | | | | | | 6 |
| 5 | | | 3 | 8 | | | | |
| | | | | | | | | |
| | | | 5 | | 1 | 9 | | |
| | 8 | 5 | | 3 | 6 | | | 4 |

Answer to previous puzzle

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 2 | 9 | 5 | 6 | 1 | 4 | 3 | 7 |
| 7 | 3 | 5 | 2 | 9 | 4 | 1 | 8 | 6 |
| 6 | 1 | 4 | 8 | 7 | 3 | 9 | 2 | 5 |
| 5 | 9 | 3 | 4 | 2 | 7 | 6 | 1 | 8 |
| 2 | 4 | 6 | 1 | 5 | 8 | 3 | 7 | 9 |
| 1 | 7 | 8 | 9 | 3 | 6 | 5 | 4 | 2 |
| 4 | 5 | 1 | 6 | 8 | 2 | 7 | 9 | 3 |
| 9 | 6 | 7 | 3 | 1 | 5 | 2 | 6 | 4 |
| 3 | 6 | 2 | 7 | 4 | 9 | 8 | 5 | 1 |

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Concept is Sudoku increases from Monday to Sunday.

## CRYPTOQUIP

The Cryptoquip is a substitution cipher in which one letter stands for another. If you think that X equals O, it will equal O throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

**QFY TVAQ WA V KFLAQ, QFY IJQJGY V**

**XGYVP. VHH NY YDYG FVDY WA ULN.**

**TODAY'S CLUE: N EQUALS W**

**Yesterday's Cryptoquip:** When someone does something good, applaud! You will make two people happy.

# Organisations donate medical equipment and grocery kits to tide over COVID crisis

Mysuru, June 21 (MTY&KS)- In a bid to help the District Administration, which is making all efforts to prevent the spread of COVID-19, Karnataka Pradesh Balija Sangha has donated Oxygen Concentrator and other medical equipment to the District Administration recently.

Along with the Oxygen Concentrator, the office-bearers of the Sangha also donated 1,000 Vitamin-C tablets, 1,000 face masks and 250 bottles of sanitisers, which were handed over Deputy Commissioner Dr. Bagadi Gautham.

Association Secretary C.K. Jagadish said that similar medical equipment has been donated at Kolar, Chikkaballapur, Ballari and Mandya too.

Additional DC Dr. B.S. Manjunathaswamy, leaders H.R. Gopalakrishna, Prof. Ranganath, Somashekar, D.K. Suresh, H.V. Nagaraj, Hemakumar and others were present.

*Members of Azeez Sait Block Congress distributed grocery kits to poor people at Gandhinagar in city recently. The kits were distributed to about 170 poor families by Azeez Sait Block Congress Vice-President Sharath. Sharath's parents Sampath and Padma, brother Sumanth and others were present.*

*On the occasion of the Founder's Day of Sri Krishnarajendra Bank, grocery kits were distributed to the bank employees and Group 'D' employees in city recently. Prior to the distribution, floral tributes were offered to the bust of Shettappa Siddappa, the Founder of the Bank. Bank President Tayur Vittalamurthy, Vice-President D. Basavaraju, Directors N. Siddappa, H.V. Bhaskar, M.S. Arun, B. Nagaraj, Shankaranarayan Shastry, D. Parthasarathy and H.N. Sarvamangala, In-charge D. Ananthaveerappa and others were present.*

*In a bid to help employees of cinema halls, who are without jobs as the theatres have closed down following COVID-induced lockdown in city, Darshan Abhimani Balaga distributed grocery kits to the employees of Padma Theatre at Agrahara recently. Former Corporator M.D. Parthasarathy, MUDA Member M.N. Naveen Kumar, KR Co-op. Bank Vice-President Basavaraj Basappa, Kadakola Jagadish, Harish Naidu and others were present.*

*The office-bearers of Mysuru District Pandal Owners Association distributed grocery kits and face masks to those working in crematoriums in city. On Saturday, the Association members first distributed the kits and masks to the workers of the crematorium at the foot of Chamundi Hill. Association President Shivakumar said that it was decided in the meeting to distribute at least 50 grocery kits to crematorium workers and added that the Association had provided breakfast to Pourakarmikas besides feeding birds and animals at Chamundi Hill.*

# Rahul Gandhi's birthday celebrated as Seva Diwas

Mysuru, June 21 (PM&SD)- The District Congress celebrated the birthday of former AICC President Rahul Gandhi as 'Seva Diwas' and distributed essential items, including face masks and medicine kits, free-of-cost to the people.

KPCC Working President R. Dhruvanarayan, who was the chief guest at a function organised by Congress Women's Wing at Congress Bhavan in city on Saturday, distributed groceries including cooking oil and other essential food items to poor women. He also distributed free health kits to poor children.

Addressing the party workers, Dhruvanarayan alleged that the State BJP administration is involved in large-scale corruption and mismanagement.

Later, speaking on the occasion, KPCC Women's Wing State President Dr. Pushpa Amarnath said, "Prices of all essential commodities have increased due to policies of the Centre. We would like to condemn this unprecedented price rise. Symbolically, today, we are distributing half a litre of cooking oil to 100 poor women and medicine kits to 100 children. We have also distributed 60 grocery kits to poor women."

MLAs H.P. Manjunath, Anil Chikkamadu, MLC Dharmasena, former MLAs Vasu, M.K. Somashekar, District Congress President Dr. B.J. Vijaykumar and others were present.

# Mysore Varsity ranked 38th in Education World Ranking

Mysuru, June 21 (MK&DM)- Adding another feather to its cap, University of Mysore (UoM) has been ranked 38th in the Education World Ranking list-2020.

The University has been ranked considering factors such as academic progress, research and innovation, teaching standards, curriculum, development of teaching and non-teaching staff, maintenance of international standards, infrastructure, administration etc.

UoM scored 884 points out of 1,300 to bag the 38th position, while Bengaluru's Indian Institute of Science is ranked first in the country with 183 points.

Reacting to UoM getting good ranking, Registrar Prof. R. Shivappa said that the ranking will help in attracting more foreign students. UoM will strive for getting a higher ranking next year, he added.

Meanwhile, University of Mysore is one among the 38 Universities across the country which have been permitted by the University Grant Commission (UGC) for conduct of online courses on a full scale, it is learnt.

These Universities are permitted to run online courses on the subjects that come under their jurisdiction, without seeking prior permission from the UGC. In Karnataka, Kuvempu University, Bengaluru's Jain Deemed University and Mangaluru's Yenepoya deemed University have also been permitted to start online courses.

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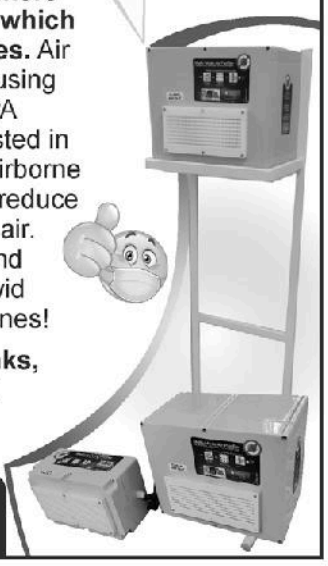
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• UN declared International Day of Yoga (IDY) in 2014 after PM Narendra Modi's call in the General Assembly
• IDY has evolved into mass movement across the globe; nearly 190 countries to observe IDY this year
• Yoga has proved to be effective as add on therapy in management of Covid 19; Pranayama especially improves respiratory health
• Mainstreaming of Yoga in healthcare through 1.25 lakh Health & Wellness Centres across the country
• Yogasana now is recognized as a sport, aimed at increasing its popularity and contributing to employment generation
• Focused Yoga Protocols designed for specific age-groups and disease conditions
• Collaboration with WHO for mYoga mobile app to take Yoga learning to different countries
DAVP 17201/13/0014/2122
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